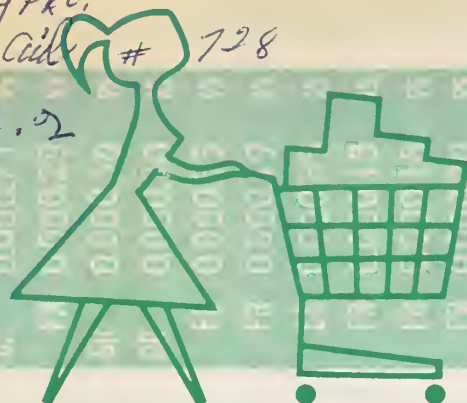


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# Shopper's Guide for

## CANNED PEAS

### ALWAYS READ THE LABEL!

Good labels help you know just what you are buying.

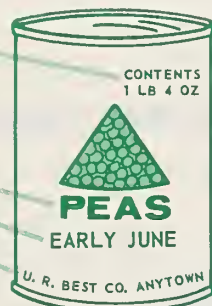
Labels for canned peas are required by law to give the following information—

Labels may also show other helpful information, as to—

*Contents*  
(net contents or net weight)

*Common name of product and the type*

*Manufacturer, packer or distributor*



*Seasonings*

*Servings*

*Size*

*Maturity*

*Quality*



Can sizes most consumers use—

8 oz.

Contents—1 cup

Servings—2

Net weight—8 oz.

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Contents—2 cups

Servings—4

Net weight—1 lb.

### WHEN IS A CAN OF PEAS CONSIDERED WELL-FILLED?

The “Contents,” “Net Contents” or “Net Weight” all mean the same—the total weight of both peas and liquid.

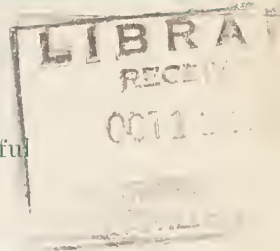
Canned peas—as many products—settle in the can, which may not appear to be full when opened. If you would like to check the fill on a can of peas, pour the contents into another can or pan and then return the entire contents into the original can. If the peas measure up to within about  $\frac{1}{4}$  inch of the top of the can, the can is considered well-filled.



### WHAT INGREDIENTS ARE PRESENT?

Most canned peas are packed in water, salt and sugar brine. Some are “vacuum packed” with very little liquid—but this is a rare pack.

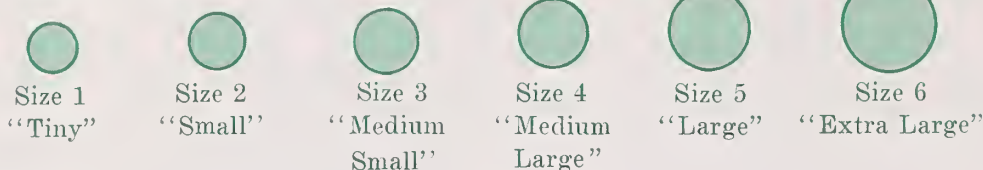
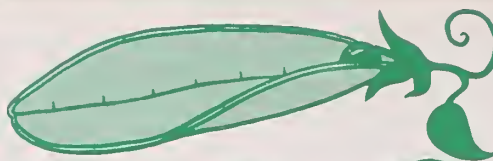
Other ingredients may be added if stated on the label, such as—“Seasoned with onions—green peppers—mint leaves, etc.”



## WHAT DO THE SIZES MEAN?

"... as alike as two peas in a pod."

Peas may not vary this much in a pod, but they are not alike, as the old saying goes. The packer sometimes sizes them for us.



The size is generally shown on the label. Most sweet type peas are not sized, but many of the early type are. The common sizes that you might see on a label are sizes 1, 2, 3, 4, 5. Or, when the sizes are mixed together, you might find them called—

"Assorted Sizes" ... Two adjacent sizes like 3 and 4

"Garden Run" .... Unsorted for size and no sizes removed

"Mixed Sizes" ..... Three or more sizes

"Sifted" ..... Some sizes removed

## DO PEAS DIFFER IN TASTE?

Yes indeed! There are two types of garden peas used for canning—



I'm a smooth-skinned type known as the early or early June type



My skin is dimpled—I'm known as the sweet type

**EARLY TYPE**—Flavor all its own, but not too sweet.

**SWEET TYPE**—Often called sugar peas or honey pod peas—more oval in shape than early type and tend to dimple—have a distinct sweet flavor.

## COMPOSITION OF CANNED PEAS

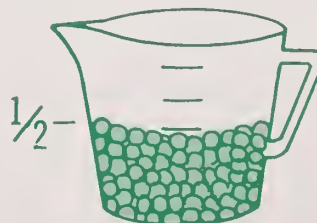
### DO PEAS HAVE NUTRITIVE VALUE?

Yes! Canned peas are exceptionally high in Vitamin A and protein

Early type and Sweet type canned peas are composed of—

	Early	Sweets
Water	77%	79%
Food energy (calories)	88 cal.	80 cal.
Protein	4.7 gm.	4.6 gm.
Fat	.4 gm.	.4 gm.
Total carbohydrate	16.8 gm.	15.0 gm.
Ash	1.1 gm.	1.0 gm.
Minerals	435.9 mg.	425.7 mg.
Vitamin A	690.0 I.U.	690.0 I.U.
Vitamin C	8.0 mg.	8.0 mg.
Other vitamins	.23 mg.	1.17 mg.

Per 1/2 cup  
Drained servings



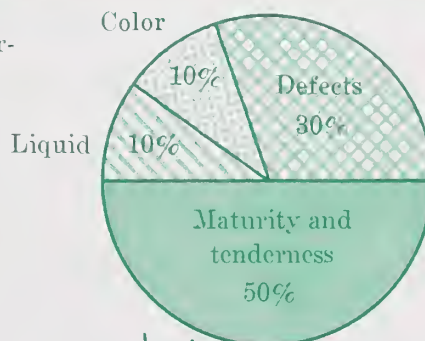
## GRADES

The Consumer and Marketing Service of the U. S. Department of Agriculture has set up voluntary standards for three grades of canned peas—



### WHAT DOES IT ALL MEAN?

Grades of canned peas are determined by these characteristics—



#### GRADE A or FANCY canned peas:

Have a bright and uniform COLOR



Can have a slightly cloudy LIQUID surrounding them



Are TENDER and have a GOOD FLAVOR

And have practically no DEFECTS (Sometimes an occasional pod or stem,



a spotted,



discolored



or broken pea might get in—but the packers try to keep them out)



#### GRADE B or EXTRA STANDARD canned peas:

Are not as bright



and uniform in COLOR, but fairly good overall

Can have a cloudy LIQUID and contain some sediment but not be off-color

Are reasonably TENDER but may be getting slightly mealy and still have a good FLAVOR

Can have some DEFECTS but alone



or collectively



+



+



these do not affect the appearance too much

## GRADE C or STANDARD canned peas:

Have a color that does not have to be bright, but is typical of more mature peas

Can have a very cloudy and even slightly jellylike LIQUID

Are more MATURE and may be fairly mealy, but should not be hard

May have more DEFECTS, but not enough to seriously affect the appearance

Federal laws do not require these grades on the label, but many canners and distributors do put quality terms on their labels.

Canned peas may be labeled Grade A or Fancy, Grade B or Extra Standard, or Grade C or Standard without being government inspected. If so, the quality should measure up to these voluntary standards, or the packers are subject to penalties for misbranding.

If you find "U.S." with the grade name—U.S. Grade A, for example—this means the product was packed under "Continuous Inspection of the U.S. Department of Agriculture," and officially certified by a government grader.

## SHOULD I ALWAYS BUY THE HIGHEST GRADE?

No. Knowing the quality of the canned peas and what the grade means can, in turn, mean economy to you.

The quality or grade of canned peas you buy should depend on how you are going to use them.

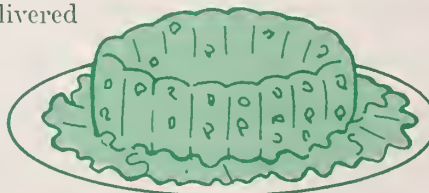
### Suggestions for using the different grades—

#### GRADE A

Vegetable side dish

Try with:

Onions, mushrooms, celery, slivered  
onions, fried onion rings  
Cold salads—tuna, ham, etc.  
Gelatin salads  
Casseroles with meat and fish



#### GRADE B

Side dish

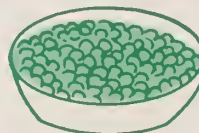
Pea soup

Vegetable soup

Pea soufflé

Casseroles

Gelatin salads



#### GRADE C

Green pea soup

Purees

Soufflés

